

## COMMANDER'S CORNER



Another great month has passed and as I get around to many of the BDE areas, I am thoroughly impressed with the professionalism and competence of our military and civilian leadership. As we continue to prepare for accreditation, we must remain committed to providing world class training to our many student-soldiers that pass through our doors daily. We must continue to improve our position here on FT Sill and get into place those systems that make this Brigade run each day.

We had a great combatives tournament here last month and I very proud of the many troopers who competed. 6th ADA BDE made a great showing of support and we had several soldiers compete in the finals. Although I am extremely proud of those who won trophies, We are equally proud of those who competed and represented the Brigade well. It takes a lot of courage to step into the mat to compete and those soldiers represent the kind of courage we need in our force.

We also want to say congrats to SFC Nelson for his second place finish in the TRADOC AIT Platoon Sergeant of the Year Competition. The competition was extremely tough and his performance was only a few points from first place. SFC Nelson truly represents the quality of NCOs we have in the Brigade – I am very proud to be serving among these ranks.

We wish everyone a safe Labor Day weekend and an enjoyable September – particularly to those families who have children enrolling back into school!!

COL Bill and Brigitte Stacey



## 6<sup>th</sup> Air Defense Artillery Brigade

### The Heart of the Branch

September 2010

## Spouse Employment

ACAP is conducting a Job Fair Prep workshop to help [job seekers](#) make their best [first impression](#) on their future employer. This [7 September](#) class is open to Employment Readiness Program ERP clients and [Military Spouses](#) seeking employment locally. Quendresenia L. Foster (580) 442-4681/4359/4916

The next Fort Sill Job Fair is set for [16 September 2010](#) at the Welcome and Conference Center (Formerly Gunner's Inn.) The time is 1-4.

## Lawton Fort Sill Job Fairs

*Take the first step to a new career!*

**September 16th 1-4 p.m.**  
Army Career and Alumni Program (ACAP)  
and Employment Readiness Program (ERP)

**November 3rd 10 a.m. - 2 p.m.**  
Army Spouse Employment Program (ASEP)

**Fort Sill Welcome and Conference Center**  
(Formerly Gunner's Inn)  
6045 Sheridan Road

Call (580) 442-6428 or 442-4681 for more information.



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## Grizzly 6 (Chaplain)



580-917-7544 Cell

580-442-2398 Office

580-549-6108 Home

Two are better than one,  
because they have a good return for their work:

If one falls down,  
his friend can help him up.  
But pity the man who falls  
and has no one to help him up!

Also, if two lie down together, they will keep warm.  
But how can one keep warm alone?

Though one may be overpowered,  
two can defend themselves.  
A cord of three strands is not quickly broken

A marriage relationship is one where two together are empowered to overcome anything the world has to offer, cold, loneliness, and even hostility. For two are a great force but an even greater force is when marriage is founded on the foundation of faith. One cord can quickly be broken but two cords braided together are even stronger. If one wants an even greater force they must combine their strength with God to create a three braided cord that is almost impossible to break.

Our Marriage Retreat earlier this month was a huge success. 17 couples attended and several renewed their commitment to each other by renewing their vows. The marriage retreat offered a fast track to positive change — an intensive, supportive place to achieve profound results. Couples left with key tools to keep their marriage growing on a positive track. Watch for the next one coming in October.







## FRSA Notes

We are fortunate to have a one-stop shop here at Fort Sill. Bldg 4700 houses many of our great family programs, housing, Child & Youth Services, MWR etc. This list is not exhaustive, but should show you that your local ACS has something to offer for even the most experienced spouse. There are all these resources out there to make this often challenging life a little easier ... let's use them!

### ACS OFFERINGS:

**Army Emergency Relief (AER)** - Emergency financial assistance in the form of low interest loans and (occasionally) grants. The application for AER assistance goes through the Soldier's chain of command and is generally approved to pay a very specific amount (bills/car repair). Soldier is often required to provide proof that the funds were used to pay that specific expense by bringing back a receipt or similar verification.

**Financial Readiness** - credit information and assistance, budget preparation, and more offered through financial readiness classes. Open to both service members and their Families. These classes are frequently offered by units, especially while gearing up for a deployment.

**ACS Volunteers** - Between jobs, want to get out of the house, or build a resume? ACS is staffed by volunteers in many areas. Some posts offer free childcare to ACS volunteers.

**Information and Referral** - Assistance regarding crisis counseling, foster care information, support information, referrals for food stamps, emergency food resources,

emergency food baskets, and community education.

**EFMP Assistance** - Help with resources, information, referrals and assistance with registration in the Exceptional Family Member Program, or EFMP.

**Relocation Readiness Program** - Know that a PCS is imminent? Or just arrived at a new duty station? ACS has Welcome Packets and local information. Citizenship assistance and classes as well as ESL (English as a Second Language) are often also offered.

**Loan Closet** - short term loan of daily use items for Families in the course of a move to or from an installation. Usually available are dishes, plate and silverware, cots, cribs and other similar household items to bridge the gap between the move and the delivery of household goods.

**Army Family Team Building (AFTB)** - a series of classes with something for everyone. Army basics (like what all those acronyms mean!), an installation tour, basic overview of resources available at your post, and a chance to speak to representatives from many different on post organizations.



## Recent FRG Fundraising Q & A

### 1) BAGGING AT THE COMMISSARY OR AAFES

The installation does NOT currently approve requests to fundraise at the Commissary by bagging groceries. Allowing groups/units to bag takes away money from the baggers at the Commissary. The baggers you see there are NOT Commissary employees but are independent workers whose sole income is from the tips they receive. Second, the Commissary is aware that should they extend the opportunity to one group, they would also have to extend the same opportunity to similar type organizations. They are just not able to do that. Bagging at AAFES is prohibited by their AAFES regulations.

### 2) SILENT AUCTIONS

Silent Auctions by units/FRGS are typically approved on Fort Sill. The caveat is that the items offered during the "silent auction" period must be in a common area such as break room, empty classroom, etc. The items cannot be in a workplace area such as employee desk, employee cubicle, reception desk where people sign in, etc. The requests for silent auctions must be submitted on the appropriate installation fundraising form. As with all events, the silent auction items cannot be weapons/medicinal/alcoholic or anything of questionable nature.



## Family Readiness Training Dates



### Marriage 101

SEP 10 & 24, 0900-1200, Resiliency Training Center, an interactive program that focuses on couples preparing for marriage.

### AFTB Level I

SEP 15-16, 0900-1600, Resiliency Training Center Sign up through SEP 10 580-442-2382.

### The 7 Habits of Highly Effective Military Families

SEP 16-17, 0800-1600, BLDG 4700, POC: 580-442-6801/5018.

### Fort Sill on Target Tour

SEP 21, 0900-1200 leaving from Building 2934, Marcy Rd, parking lot. The tour is designed to give non-Soldiers a first-hand experience of life in the war zone.

0850-0900: Mr. Aller and the bus will meet attendees at Building 2934, Marcy Rd and conduct a short Safety Briefing prior to loading the bus and will depart NLT 0900.

0900-0930: Visit the Confidence Obstacle Course to view Basic Trainees as they complete the course.

0930-1000: Drive to 45 West Firing Point to view firing of 105's and 155's.

1000-1100: Visit the Modified Record Firing Range to view the Basic Trainees fire to qualify.

1100-1200: Visit the Wyatt Range, which took 4.1 million to build and then return to Building 2934, which will then complete the Team Sill on Target Tour.

### AFTB Level II

SEP 29, 30 & Oct 06, Resiliency Training Center, 0900-1600. Sign up through SEP 22 580-442-2382.

### Family and Soldier Support Training (FASST)

SEP 22, 0845-1600, BLDG 4700, 2nd Floor. Training is recommended for FRG Leaders, Commanders, and

those who serve in key FRG positions. POC: David Carnahan, 580-442-416.

### Growing Spouses Army Strong (GSAS)

Training for Captain Career Course (CCC) Spouses SEP 23-24 & 30, OCT 01. Registration NLT 15 SEP to ensure childcare arrangements. POC: Shawn Matthews, 580-591-0276.

### AUSA Family Readiness Professional Symposium

25-29 October Washington, DC

### Army Family Action Plan

**Conference** is scheduled for 18-20 October from 8:30-4:30 at the Resiliency Training Support Center. This is your chance to have a voice for concerns or to recommend changes. ACS is also looking for participants to be delegates at the conference. For more information call (580)442-4916.

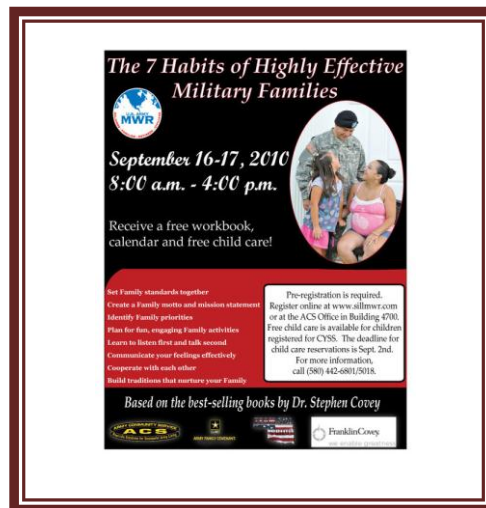
- FRTI Training OCT 8, 0900-1100 or 1300-1500
- Delegate Training OCT 13&14, 0930-1130 or 1300-1500

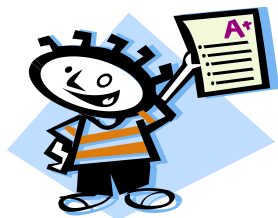
### Army Suicide Prevention Training

for Families [www.preventsuicide.army.mil/](http://www.preventsuicide.army.mil/). Please note Army Knowledge Online (AKO) is required

### Automotive Service Excellence (ASE)

**examinations** will be administered at the Truman Education Center, B3281 NW Koehler Loop, on 9, 16, and 18 November. Test times are 1230 each day. Registration Forms must be filled out with Check or Money Order (\$36 registration fee) and submitted to Army Testing Center personnel by COB 21 September 2010. Soldiers receive 3 free tests for the price of the registration. Diana Scholz, Test Control Officer, is the point of contact for additional information or assistance. Her telephone is 580-442-4808 or email [diana.scholz@conus.army.mil](mailto:diana.scholz@conus.army.mil).





## ***Make the Grade***

Studies have shown parents involvement in a child's education helps children to succeed. Assist with homework. Build Teacher/Parent Relations. Give tools to be successful.

### ***United States Senate Youth Program (USYYP)***

104 Secondary students across the U.S, two from each state will be selected for a week long government and leadership education program in Washington DC, March 5-12, 2011. Applications must be obtained from high school principals, guidance counselors or the state-level selection contact. Oklahoma submission deadline is **15 September 2010**. State representative is Mr. Kelly S. Curtright, Oklahoma Department of Education 2500 North Lincoln Blvd, Oklahoma City, 73105-4599, (405) 522-3523 or [kelly\\_curtright@sde.state.ok.us](mailto:kelly_curtright@sde.state.ok.us)

Eligible Candidates: Any high school junior or senior student is eligible for the program provided he or she has not previously been a delegate to Washington Week and has not received a USSYP scholarship. The student is required to be currently serving in an elected or appointed capacity in any one of the following student government, civic or educational organizations:

- a. Student Body President, Vice President, Secretary or Treasurer
- b. Class President, Vice President, Secretary or Treasurer
- c. Student Council Representative
- d. Student representative elected or appointed (appointed by a panel, commission or board) to a district, regional or state-level civic and / or educational organization approved by the state selection administrator

Please visit USSYP website: [www.ussenateyouth.org](http://www.ussenateyouth.org) to apply and for more information.

### ***Tutor.com***

Tutor.com for Military Families is free for eligible military families, including active-duty service members, their spouses and children. Provided by the Department of Defense, this program allows K-12 and adult students to connect to a live online tutor 24/7 for help with homework, studying, test prep, resume writing and more.

Service members, spouses and children will get customized help from professional tutors and career specialists in over 20 subjects at every skill level, from elementary to advanced studies. Go to Tutor.com to get started today!

Army members must login to Army Knowledge Online to gain access. Once you sign in to Army Knowledge Online, click on the REFERENCE tab in the navigation bar. Look for

the Tutor.com box in the right column and click on the links Kids and Teens or Adults to get a tutor.

### ***PTA POWER***

Back to school is not complete without the Parent Teacher Association (PTA). Parent involvement has a positive effect on student success. Children achieve more when parents are involved in their children's education. Schools perform better. Teacher morale improves. Ultimately, communities are stronger when parents get involved. The PTA offers a number of annual campaigns specific to the military community as well as resources encouraging parent involvement. Check out The National PTA® Military Alliance for Parents and Partners for resources and information to help you get involved.

**Patriot Spouse  
Club (PSC) GOLF  
SCRAMBLE**

Friday, 24 September -  
Shotgun Start at 1300

Fort Sill Golf Course

**GREAT PRIZES**

1st - 5th Place Awards -

Closest to the Pin - \$10,000

Cash Hole-in-One Contest -

Longest Drive - Door Prizes  
and Gifts -

Mulligans 2 for \$5

Registration and Fees due  
by 21 September  
[www.fortsillpsc.org](http://www.fortsillpsc.org)



## Register and Request Your Ballot Now!

All members of the U.S. Uniformed Services, their family members and citizens residing outside the U.S. who have not registered or requested an absentee ballot this year, should do so as soon as possible. To register or request an absentee ballot use the Federal Post Card Application (FPCA).

Go to the [FPCA website](http://FPCA) for instructions. Click on your state on the map and follow the instructions to register and request an absentee ballot. Some states allow submitting the FPCA by fax or e-mail in addition to regular mail. If your state allows an electronic alternative to mailing the form, FVAP recommends you use that option. Send your FPCA NOW to your election office to ensure you have enough time to receive, vote, and return the ballot! For more information, contact the Federal Voting Assistance Program at: [www.fvap.gov](http://www.fvap.gov), 1-800- 438-8683, DSN (312) 425-1584 or at [vote@fvap.gov](mailto:vote@fvap.gov). [Click here](#) for toll-free phone numbers from 67 countries.

## National Grandparents Day!

A grandparent's commitment and dedication to family is undeniable. September 12th marks National Grandparents Day! Take the time to celebrate the contributions, love and support they provide the entire year. More and more grandparents are becoming caregivers to their grandchildren. As your family prepares for deployment, remember to share information. The Navy recognizes that deployments impact the entire family. When parents serve, their children and extended families serve too. Do something special to let grandparents know how much they are appreciated.



*"What is it about grandparents that is so lovely? I'd like to say that grandparents are God's gifts to children. And if they can but see, hear and feel what these people have to give, they can mature at a fast rate." Bill Crosby*

## Commissary Case Lot Sale

Commissary customers can save 50 percent or more on bulk-sized products through the annual case lot sale September 23-25.



# Suicide Prevention – Life Counts

Everyone can make a difference. Here are seven actions that anyone can take to contribute to suicide prevention at any time.

## 1. You make a difference – Pass it on!

Small seeds of hope and belonging can grow to form the threads that sustain us through tough times. For information and inspiration on how you can make a difference, go to: [www.blueribbonmovie.com](http://www.blueribbonmovie.com)

## 2. Run a “fire” drill.

Consider what you would do in a personal crisis within yourself or someone else.

**Ask** – Ask if someone is depressed or thinking of suicide.

**Care** – Listen, offer hope and don't judge.

**Treat** – Take action, don't leave the person alone, and get assistance.

## 3. Complete a self-assessment.

Stress affects us all and health problems like sleep difficulties, depression, and anxiety are extremely common.

## 4. Connect with the community.

Don't go it alone; organizations and opportunities in your community and online can help.

American Association of Suicidology [www.suicidology.org](http://www.suicidology.org)

American Foundation for Suicide Prevention [www.afsp.org](http://www.afsp.org)

Suicide Prevention Resource Counsel [www.sprc.org](http://www.sprc.org)

## 5. Engage in fellowship, meditation, or prayer.

Set aside time for meditation or prayer on behalf of those struggling in the darkness of a personal crisis in which they may be contemplating taking their life.

## 6. Good grief.

The pain caused by suicide loss does not heal quickly or easily. Some studies estimate that the effects of suicide on a family last for generations. If you are grieving a loss (or putting off even thinking about it for years), make some time to sort things out and facilitate healing.

## 7. Share your story.



## ***Headquarters Headquarters Battery “Headhunters”***

The Headhunters family welcomes 1SG Maxwell to the clan. He is coming from FT. McPherson, Atlanta GA, where he was assigned to 3rd Army. The change of responsibility for the outgoing and incoming 1SG was held on the 25th and a vibrant crowd was there to show support. 1SG Maxwell and his spouse are looking forward to working with the Battery FRG members and FRSA rep to promote a healthy and open communicative Battery with the spouses and dependants. SGT Hall and his wife, Carrie are the proud parents of twin boys. Cameron Raymond and Connor Albert Hall were born at 5:13 PM on the 13th of August. They weighed 5lbs7oz and 5lbs5.8ozs respectively. Both mother and children are doing fine, back in Illinois. Also we are expecting that SSG Neptune and SGT Cabrera will soon deliver their babies, as each is due in September. Lastly, our Battery FRG meetings will be held on the first Thursday of each month. The next meeting is scheduled for Thursday 9 Sep at 1800 in the BDE conference room, Bldg. 1607.





## **1-56 ADA BN “Night Hides Not!”**



Commander: LTC John Wanat  
Acting CSM: MSG Diana Morris  
FRG Advisor/Leader: Michelle Niedert michtj2000@yahoo.com

The Family Readiness Group is the heart of a unit! As the fall begins, look for your FRG to pick up momentum with a number of upcoming events!

We would like to take a moment and congratulate those warriors participating and placing in the FCoE Post Combatives Tournament this past month in various weight classes.

MAJ John Mills – Bravo Battery – 2nd Place  
SFC Matthew Allen – Charlie Battery – 3rd Place  
1LT Amanda Rowse – HQ/A Battery – 2nd Place  
2LT Stephen Vories – Charlie Battery – Post Champion



There were also a number of other valiant competitors from 1-56 ADA that represented themselves and their unit well! We would also like to thank all of the families that joined us at Reinhart Gymnasium for the event.

In case you missed it, the “Night Hides Not!” Battalion held its first Hail & Farewell under LTC Wanat at the Plantation Restaurant in Medicine Park.

Using the coming football season as the theme for the event, soldiers and families donned their favorite college and professional football team shirts and jerseys!

Mrs. Michelle Neidert, our FRG leader, presented a small gift to welcome and farewell each new and departing family.

A great time was had by all!





SSG Barron says "See you later"



MAJ Hawkins Hails newcomers to the BN



LTC Wanat farewells MAJ Leday



1SG Wyatt farewells the SSG Vincent and family



1SG Silasavage says "Farewell to the Battalion"

The next Hail & Farewell is scheduled for October 15th from 1800-2000. Location is TBD. The FRG Advisory Committee will meet 1 September in Bldg. 1614 conference room at 1230. This meeting should last 30-45 minutes.

Do not forget sign up for the 21 September 0900-1200 Team Sill on Target Tour leaving from Building 2934, Marcy Rd. parking lot! As a reminder the tour is designed to give non-Soldiers a first-hand experience of life in the war zone.

E-mail or call the below POC to sign up. The FRG Chain of Concern will activate for the month of September, expect to get a call in the first two weeks of the new month!

Get involved! Our FRG is in need of volunteers! If you want to get involved please contact MAJ Irvin R. Hawkins @ [irvin.hawkins@us.army.mil](mailto:irvin.hawkins@us.army.mil) or call 580-558-0577.



## **2-6 ADA BN- "Set the Standard"**

For all our Families,

It is my sincere pleasure to be a part of the 2-6 ADA Battalion and 6th Brigade Team. Our unit has accomplished monumental tasks and continues to train and certify our Soldiers for war. I appreciate everything that is being done and the support our families are affording our leaders as they execute the mission.

I am excited about launching our Family Readiness Group. Already, we have caring members of our Battalion Steering Committee that have celebrated the birth of two new children into our ranks with baby gift baskets. We are planning our FRG Pot Luck for the 20th of August and look forward to meeting all our family members that attend.

Again, thanks for all the support. My wife Danny and I are very proud to be a member of the team!

LTC Brian W. Adams

### **Our FRG is Here for You!**

#### **Steering Committee:**

LTC Brian W. Adams	brian.w.adams@us.army.mil	580-558-0794	580-917-8112
Danny Adams	danny.adams26@ATT.net	580-357-0230	
Susana A Whiteside	susana.a.whiteside@us.army.mil	580-558-0793	915-276-0235
Patricia Pedraza (Pendon)	patricia.h.pedraza@gmail.com	580-558-0132	580-919-6166
SSG Valerie Harris	valerie.dorsey@us.army.mil	580-558-0132	985-992-0915

#### **Battery Leaders:**

A BTRY – Rebecca Tukel	rebecca.tukel@gmail.com	915-867-4692
B BTRY – Merrilei Kirkpatrick	merrilei1979@hotmail.com	580-492-5859
C BTRY – Patricia Pedraza Pendon (same as above)		
D BTRY – Candace Guy	candylea0704@yahoo.com	757-478-9667
A/3 BTRY – Amber Smith	ambersmithfrg@yahoo.com	931-436-1850



### **3-6 ADA BN- “Right Starts Here!”**

What another great month in 3-6 ADA! Every day I am amazed at just how much the team does here, both at work and on their “free time!” High on everyone’s priority list this past month was getting ready for the first day of school. I hope our parents were there to walk, drive, or stand waiting for the bus with their kids...these are precious moments, and we will try and ensure we get the most people possible home to participate.

This past month, there have been many exciting training and social events that everyone should be proud of!

On the training side, Lieutenant General Hertling, the Deputy Commander for TRADOC Initial Military Training visited us, and was able to interact with our cadre and some of the trainees. He was very impressed with the missile reload crew and with SSG Demps, the instructor on site for the visit. That same week, CPT Pluff’s Battery, Cobra Nation, graduated the first squad to complete all of the requirements for the “Honor” streamer in AIT. If you are not sure of the program, ask your spouses to elaborate; but it includes maintaining a 90% or better GPA, a 240 or higher APFT average, and community service by the WHOLE SQUAD. A hearty great job to those Soldiers and their cadre: SFC Wood, SSG Roberson and SSG Cabrera.

There were several promotions this month as well. CW2 Dionne Strambler was promoted by MG Halverson to CW3 with her mother and father present, and we were blessed with promoting three team members to Sergeants First Class, SFC Ackee, SFC McCoy, and SFC Wood.

Finally in training, we graduated 13 personnel out of the PATRIOT Master Gunner’s Course, to include the Distinguished Honor Graduate, SSG Whiteside, SSG Mounce, SSG Fortune, and SSG Aldrich. Congratulations to all; you should be very proud of your accomplishment!

Now to the social venue. We had a lot of great folks participating in some wonderful events, such as the Boy Scout Jamboree and Camp Cowabunga. No one realizes how much of an effect spending time with our youth can have on them. Thank you to all the supporters of these events, you do truly make a difference.

Our 3-6 Facebook page is up and running and we do want you to check it out. We will post pictures of our events, videos from graduations and other information there on a regular basis. This is the address: [http://www.facebook.com/?ref=home#!/pages/Lawton-OK/3rd-Battalion-6th-Air-Defense-Artillery-Brigade/119259838122073?ref=sgm&\\_a=46&ajaxpipe=1](http://www.facebook.com/?ref=home#!/pages/Lawton-OK/3rd-Battalion-6th-Air-Defense-Artillery-Brigade/119259838122073?ref=sgm&_a=46&ajaxpipe=1), or just do a search for 3<sup>rd</sup> Battalion, 6<sup>th</sup> Air Defense Artillery Brigade. We have 80 people who “like” the page so far, and I would love to see that number double!!! We have photos of some great events, to include the Post Combatives Tournament where we tore ‘em up a little! Finally, we had the first Battalion Hail and Farewell since I have been honored to be a member of this team. It was held at the Old Plantation, and the turnout was outstanding! We will do this quarterly at different levels, but this time, we wanted all ranks to participate and understand the importance of fellowship on and off duty. Thank you everyone who came, and although I couldn’t tell for sure by all of the empty plates, I think everyone was pretty happy with dinner that night.

GIANT 6

### **3-6 Senior Advisor Notes**



Hi to everyone in our 3-6 family/team.

Wow! What a month August was, but school is back in session and the heat seems to be backing off.

A loving welcome to our newly arrived S3 Sergeant Major Tony Walker and his family; the Walker's home state is Louisiana and their son is currently serving at FT Bliss. SGM Walker's wife, Cynthia, was welcomed at a coffee held on 19 Aug 2010.

Maria Eagan is recovering from surgery at home and doing well.

Tara (B Btry), Darlene (C Btry), Maria and I are planning to hold a High Tea as our next Battalion level event and we will give plenty of advance info through our phone tree.

HOT news!!!!!! We have located a wonderful facility about 10 minutes from the Sheridan Gate to hold large functions (up to 150 persons) with full use of kitchen facilities and dining room for VERY minimal rent. Now we should start planning for a holiday party in order to reserve the venue.

Please check Bravo and Charlie Batteries article for dates of pizza party, bake and yard sales.

On a personal note, we would like to thank all of our FRG leaders and members for their dedication to our Army family. In the over 30 years that we have been a member/leader of FRG type groups we have met such outstanding people and developed lifelong friendships and wish the same to you.

Sun Smith and Maria Eagan

### **3-6 ADA BN Hails and Farewells:**

#### **B Btry:**

Hails:

- SFC Armstrong
- SSG Martin, S.
- SSG Brooks

#### **C Btry:**

Farewell:

- SSG Barry Key
- 
-

## Photos:



CSM Coleman, BN CSM of 4-5 ADA BN, congratulates SSG Whiteside for receiving the Honor Graduate designation for Patriot Master Gunner (PMG) Class 03-10.



COL Stacey and CSM Pinkney congratulate new Patriot Master Gunner (PMG) graduates at their graduation ceremony on Friday, August 20.

Below are Action Shots of 3-6 participants in the Post Combatives Tournament, held at Reinhart Gym on 20 and 21 AUG:









Hello Bravo Bulldogs!

We have a VERY exciting next few months for our FRG and BTRY as a whole! To kick things off, we will be having an End of Summer Meet and Greet Pizza Party complete with FREE Pizza, Drinks and Dessert for our soldiers and family members along with a few FREE raffle drawings. This event is intended to introduce you to your BTRY Command Team and Family Readiness Group and will be social in nature, meaning not a FRG Meeting. Hope you can all make it!

Also, we have a few other events coming up including a bake sale and our FRG participating in the Post Wide Yard Sale. Profits from these fundraisers will go to funding a Holiday Party for YOU! If you have any items you wish to donate to the Yard Sale you can either bring them to the Meet and Greet or just let me know and I can make arrangements with you to pick them up. I already have a few boxes donated from area families who were PCSing out of country.

Below is a little bit more info about these events. If you wish to volunteer (bakers anyone??) or if you have any questions, please feel free to contact me. Hope everyone is enjoying this heat and that the first week back to school is seamless for you all!

### **B 3-6 FRG Calendar of Events**

Wednesday, September 1st, 6:30-7:30, RecPlex End of Summer Kick-Off Meet and Greet and Pizza Party Pizza, drinks and cake provided for soldiers and families Free Raffles

Intent: Introduce soldiers and families to FRG and BTRY Command Team; set up a new and improved FRG climate; surveys will be given out to see what soldiers and families want from their FRG (guest speakers, events including holiday gathering, etc); answer questions and scope out concerns

Mid-September Bake Sale (Friday the 16th at PX or Saturday the 17th at Commissary is what we are aiming for, Paperwork in the works!) We are looking for volunteers to bake items or to help with the sale. I will be there so most importantly I would need help baking for the event. Individually wrapped goodies like rice krispie treats, cupcakes, cookies, breads etc are ideal.

Intent: Raise money for a BTRY holiday gathering chosen by soldiers and families

Saturday, October 2nd, Morning to Early Afternoon, Fort Sill Yard Sale We are in need of any donations for our BTRY table. This could be a very profitable fundraiser if we have the items to sell! I have no problem picking items up that people no longer want from their home or they can be brought to the BTRY or our Meet and Greet. It would be very helpful if we can get a good showing of items at the Meet and Greet!

Intent: Raise money for a BTRY holiday gathering chosen by soldiers and families

:) Tara Curtin  
203-578-5536  
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The Charlie Cobras started off the month of August with a BANG!!! On Aug. 5th we held a Unit Bake Sale Auction. This served as both a unit fundraiser and as an informal social event. It turned out much better than we could have anticipated. Thanks to the generosity of all who participated by attending, donating and/or purchasing baked goods, we were able to raise \$625.00 to put towards our Unit Christmas Party.

We also had the opportunity to have CPT Pluff present a Certificate of Appreciation to Samantha Felicetti. This was Samantha's last FRG Meeting before she heads off to Fitchburg State College in Massachusetts. Samantha volunteered her support to our FRG during her time off. Her hard work and dedication will be greatly missed as she starts this new chapter in her life. We wish her the best of luck and look forward to seeing her at Christmas.

Our Charlie Cobras came out to show their support at the Battalion Hail and Farewell at the Old Plantation Inn in Medicine Park on Aug.20th. We were sad to have to say good bye to the Key family and the Peacock family. They have been a great asset to the Battery and our FRG. Mrs. Cecelia Key received flowers at the Hail and Farewell as a small token of our appreciation for all that she has done to support our FRG. She was one of our first and most dedicated volunteers. We wish them all good luck as they move on to their new missions. They will be greatly missed.

Congratulations are in order for SFC Eric Wood and SFC Joseph McCoy and their families. These two soldiers were promoted to their current rank of SFC on the 1st of Aug. We commend them for their service and dedication to our Charlie 3-6 Battery and The United States Army.

Although August truly has been an amazing month for the Cobras, we have no intentions of slowing down. " Strike Hard, Strike Fast " is our motto after all. We have plans for Holiday Parties and Cook-off events, meetings with guest speakers on fun family activities and how to manage stress. We also have plans for future fundraisers, so we can make all our Cobra FRG activities first class affairs. Our Cobra volunteers make it happen and we Thank them because we couldn't do it without them.

" Right Starts Here"

Darlene Felicetti ☺  
C 3-6 ADA FRG Leader  
910-261-5691



# Knowledge Management

You do have what it takes!

A young little sparrow is lying on his back in the middle of the road. A horseman comes by, dismounts and asks the sparrow why he's lying upside down like that. "I heard the heavens are going to fall today," said the sparrow. "Oh," said the horseman, "and I suppose your young little legs can hold up the heavens." "One does what one can," said the sparrow. "One does what one can!"

The story above reminds us that, everything has a purpose and meaning. Would his little sparrow legs be enough to hold up the heavens? Who am I to say, but I can say this "He believes with all his heart and soul that if he braces himself on the earth and uses the talents, skills and abilities that he was given, then he can do his part and what is expected of him. And if his legs should give out, he will know that he had done his best with no regrets. This was an important story for me in many ways and I'll share one with you know.

Several years ago I felt as if I could not measure up to what everyone else was doing in many areas of life and found myself saying "I wish I was so and so or I wish I could do that or looked like that or talked like that...(What is it for you)" and here is what I've learned, there are people every where that will look at our lives and say, "I wish I were like you; I wish I could do that; I wish I had your skills, talents, abilities...(Why do we do that?)

I started to take inventory of what was already in my life and afforded to me (and too you too). One of the hardest journeys that a person can take is the journey inside of yourself and really taking a look at whom and what you are. No, I am not talking about you getting a big head and conceited, but I am talking about you honoring who you are. YOU have a lot to be thankful for (And you should be!).

Here is what I want you to do right now, write down 10 things that you are very proud of in your life right now (It's ok, this list is for you alone) I don't care what you write down, but write the things that YOU are very proud of about yourself. Now, take the list and really, really feel what you had felt when you did it, and for the next month read this list to yourself everyday 5 times in the morning and 5 times in the evening (Very important once when you wake and once before you sleep) then 8 more times the rest of the day.

Every thing has a purpose, you have a purpose. Are you attuned into your purpose? Not for what anyone else wants, but for what you want!

Now I ask you, are your mind, body and soul strong enough to help you through? YES! And can you get better? YES! And can we encourage and strengthen another in the process? YES!

**YOU ARE THE LAST SPARROW... SO HOLD ON... AND DO WHAT YOU CAN, JUST DO WHAT YOU CAN... YOU CAN DO THIS!**

Have a super day (YOU DO DESERVE IT!).

Please share your favorite stories with the rest of us, or some that you learned from being around the military that will lift and inspire others... For me, IT'S ALL ABOUT SHARING! Share what you know... DO YOUR PART.

Have a super day,  
James Wall

# Safety during a Power Outage

Extreme weather across the country has taught us to be prepared for the unexpected. Here are some tips from the CDC on how to cope with a sudden power outage.

## Keep Your Food Safe

If the power is out for less than 2 hours, then the food in your refrigerator and freezer will be safe to consume. While the power is out, keep the refrigerator and freezer doors closed as much as possible to keep food cold for longer.



If the power is out for longer than 2 hours, follow the guidelines below:

- For the Freezer section: A freezer that is half full will hold food safely for up to 24 hours. A full freezer will hold food safely for 48 hours. Do not open the freezer door if you can avoid it.
- For the Refrigerated section: Pack milk, other dairy products, meat, fish, eggs, gravy, and spoilable leftovers into a cooler surrounded by ice. Inexpensive Styrofoam coolers are fine for this purpose.
- Use a food thermometer to check the temperature of your food right before you cook or eat it. Throw away any food that has a temperature of more than 40 degrees Fahrenheit.

## Keep Your Water Safe

When power goes out, water purification systems may not be functioning fully. Safe water for drinking, cooking, and personal hygiene includes bottled, boiled, or treated water.



Your state, local, or tribal health department can make specific recommendations for boiling or treating water in your area. Here are some general rules concerning water for drinking, cooking, and personal hygiene. Remember:

- Do not use contaminated water to wash dishes, brush your teeth, wash and prepare food, wash your hands, make ice, or make baby formula. If possible, use baby formula that does not need to have water added. You can use an alcohol-based hand sanitizer to wash your hands.
- If you use bottled water, be sure it came from a safe source. If you do not know that the water came from a safe source, you

## Avoid Carbon Monoxide

Carbon monoxide (CO) is an odorless, colorless gas that can cause sudden illness and death if inhaled.

When power outages occur during emergencies such as hurricanes or winter storms, the use of alternative sources of fuel or electricity for heating, cooling, or cooking can cause CO to build up in a home, garage, or camper and to poison the people and animals inside.



## How to Recognize CO Poisoning

Exposure to CO can cause loss of consciousness and death. The most common symptoms of CO poisoning are headache, dizziness, weakness, nausea, vomiting, chest pain, and confusion. People who are sleeping or who have been drinking alcohol can die from CO poisoning before ever having symptoms.

## Important CO Poisoning Prevention Tips

- Never use a gas range or oven to heat a home.
- Never leave the motor running in a vehicle parked in an enclosed or partially enclosed space, such as a garage.
- Never run a motor vehicle, generator, pressure washer, or any gasoline-powered engine outside an open window, door, or vent where exhaust can vent into an enclosed area.
- Never run a generator, pressure washer, or any gasoline-powered engine inside a basement, garage, or other enclosed structure, even if the doors or windows are open, unless the equipment is professionally installed and vented. Keep vents and flues free of debris, especially if winds are high. Flying debris can block ventilation lines.
- Never use a charcoal grill, hibachi, lantern, or portable camping stove inside a home, tent, or camper.
- If conditions are too hot or too cold, seek shelter with friends or at a community shelter.

should boil or treat it before you use it. Use only bottled, boiled, or treated water until your supply is tested and found safe.

- Boiling water, when practical, is the preferred way to kill harmful bacteria and parasites. Bringing water to a rolling boil for 1 minute will kill most organisms.

- When boiling water is not practical, you can treat water with chlorine tablets, iodine tablets, or unscented household chlorine bleach (5.25% sodium hypochlorite):

- If you use chlorine tablets or iodine tablets, follow the directions that come with the tablets.
- If you use household chlorine bleach, add 1/8 teaspoon (~0.75 mL) of bleach per gallon of water if the water is clear. For cloudy water, add 1/4 teaspoon (~1.50 mL) of bleach per gallon. Mix the solution thoroughly and let it stand for about 30 minutes before using it. Note: Treating water with chlorine tablets, iodine tablets, or liquid bleach will not kill parasitic organisms.

Use a bleach solution to rinse water containers before reusing them. Use water storage tanks and other types of containers with caution. For example, fire truck storage tanks and previously used cans or bottles may be contaminated with microbes or chemicals. Do not rely on untested devices for decontaminating water.

#### Help Someone Who is Hypothermic

As the body temperature decreases, the person will be less awake and aware and may be confused and disoriented. Because of this, even a mildly hypothermic person might not think to help himself/herself.

- Even someone who shows no signs of life should be brought quickly and carefully to a hospital or other medical facility.

- Do not rub or massage the skin.

- People who have severe hypothermia must be carefully rewarmed and their temperatures must be monitored.

- Do not use direct heat or hot water to warm the person.

- Give the person warm beverages to drink.
- Do not give the person alcohol or cigarettes. Blood flow needs to be improved, and these slow blood flow

- If CO poisoning is suspected, consult a health care professional right away.

#### Prevent Hypothermia

Hypothermia happens when a person's core body temperature is lower than 35°C (95°F). Hypothermia has three levels: acute, subacute, or chronic.

#### Causes of Hypothermia

- Cold temperatures
- Improper clothing, shelter, or heating
- Wetness
- Fatigue, exhaustion
- Poor fluid intake (dehydration)
- Poor food intake
- Alcohol intake

#### Preventing Hypothermia

- Everyone, especially the elderly and ill, should have adequate food, clothing, shelter, and sources of heat.

- Blankets can help, even in poorly heated rooms.

- Wear layers of clothing and a hat, which help to keep in body heat.

- Move around. Physical activity raises body temperature.

Water cooler than 75°F (24°C) removes body heat more rapidly than can be replaced. The result is hypothermia. To avoid hypothermia:

- Avoid swimming or wading in water if possible.

- If entering water is necessary:
  - Wear high rubber boots in water.
  - Ensure clothing and boots have adequate insulation.
  - Avoid working/playing alone.
  - Take frequent breaks out of the water.
  - Change into dry clothing when possible.



